

Lavender playdough

Ingredients

- 2 cups of plain flour
- 1 cup of salt
- 1 ½ cups of just-boiled water with a few drops of purple food colouring*
- 2 tablespoons of vegetable oil
- A couple of drops of lavender essential oil or finely chopped dried or fresh lavender



*To mix purple use equal amounts of red and blue food colouring – mine is a bit too blue I don't think I got it quite right but it smells lovely!

Method

- Put dry ingredients into a bowl
- Put oil, water and lavender essential oil into a cup
- Mix ingredients together to form dough - stir with a spoon until it has cooled enough to use hands
- Knead for a couple of minutes...

Provide...

- Cutters (safe knives and scissors) and rolling pins
- Insect body parts (minibeast / outside focus)
- Some lavender flowers for decoration

Learning outcomes - Early Years Outcomes - main links

- Physical – develop fine motor skills
- C & L – discussions about what is happening / ingredients used etc support vocabulary development and understanding
- PSED – sensory experiences; patience is required to make and knead the dough; share resources and take turns
- Maths – explore shape, space and measure; learn about time
- Understanding the world – comment on the changes that happen when dry and wet ingredients are mixed together (early science)
- Art and design – mixing colours; being creative and imaginative

Risk assessment

- Monitor to ensure children are not eating the playdough – choking hazard
- Ingestion of artificial colours can cause hyperactivity / ingestion of salt is dangerous (kidney failure)
- Discard if sneezed / coughed on
- Do not use if child has allergy to wheat
- Dogs which eat playdough can develop salt toxicity
- Do not let children put hands near just-boiled water!
- Provide cotton gloves if children have eczema or sensitivity to ingredients